



New Village Website to be Launched

Big changes are coming to the Village website. Because so many members have complained of difficulties getting on to the website and navigating their way to the information and activities that they want, the Board of Directors made the decision to change to a new website provider.

Beginning on March 1, the Village will start the transition to the **Helpful Village** website platform. We anticipate that this new system will make it much easier for you to log-on to the site and to find the information you desire. The new website will have many of the same features and choices we have become accustomed to, such as a calendar of activities, member information, and *Helping Hands* services. But, it will also be visually inviting and much easier to use.

The change won't happen immediately. For the next two months our current website will continue to be available to you. We won't make the final transfer to Helpful Village until our members are comfortable with the new system.

Of course, all new systems take some getting used to. To help you learn how to use **Helpful Village**, we are offering our members three ways to become familiar with the new website:

1. We will email a link to all Village members for a video training module on using **Helpful Village**, which you can view on your own computer, at home, and at your own pace.
2. We will hold several group training sessions at the Mount Pleasant Library on the new system, where you can bring your personal laptop computer for help in learning **Helpful Village**.

Upcoming Events

(See details on pages 4 & 5)

- Capital Irish Film Festival – March 3
- Tour of Frederick Douglass Home – March 11
- Solas Nua* – “Silent” – March 5-25

For Other Activities and Events

see the calendar on the Village website
www.mountpleasantvillage.org
or the weekly *Village Announcements*

3. We are also offering one-on-one, individual tutoring sessions in your home, with your own computer, where volunteers will help you become familiar with **Helpful Village**.

You are welcome to participate in more than one of these learning sessions. What is important to us is that you learn about and feel comfortable with the new website.

We believe this new website is an important step in helping us to better communicate with each other, and that is an important goal of the Village.

In mid-March, an update on the training and tutoring sessions will be sent through regular mail to all Village members. Watch your mailbox.

If you have questions about any aspect of our change to **Helpful Village**, please contact Lawrence Rickards, Communications Committee Chair, at ldrickards72@gmail.com.



Mount Pleasant Neighbors Celebrate at Village's Mid-Winter Holiday Party

More than a hundred Villagers and guests gathered at the home of Katharine and Tim Tyler for the Village's mid-winter holiday party. Those present at the beginning of the gathering were serenaded by a delightful group of young violinists. It was a joyful beginning to an evening of socializing with friends and neighbors, enjoying a diverse array of pot-luck entrees, being dazzled by Bob Hoffman's exhibit of his harmonica case collection, and buying raffle tickets from Julie Byrne for a chance on winning delectable prizes donated by Mount Pleasant businesses. It was a joyful occasion.



Evening Serenade



Delicious Pot-Luck Fare



Linda Low, Priscilla McClain & Susan Rees



Bob Hoffman with a Custom Harmonica Case



Ellen Brody, Marjorie Harrison & Marianna Ohe
(Photos by Rick Reinhard, Nancy Shia, and Lawrence Rickards)



Elinor Hart



Dorothy Marschak and Douglas Glasgow



Mary Rojas Welcoming Guests

The Village Welcomes the Following New Members:

- Brenda Bowman, Ingleside Terrace
- David Kaeuper, Ingleside Terrace
- Sylvia Sturm, Mount Pleasant Street
- Marjorie Harrison, 16th Street
- Carolyn Kari, Hobart Street

New Book Helps Seniors and Families Plan for the Future

Many elders tend to avoid discussing their need for help for fear of burdening their family, concerns about relinquishing control over their lives, or fear that they may be forced to move out of their home. Adult children, too, may feel awkward or reluctant in raising care concerns with their parents. Unfortunately, these “talks” are often delayed until there is a crisis, the least optimal time for exploring options, rational planning and decision making. Leaders in the field of aging agree that taking the time to have the conversation early generally leads to better outcomes.



Love's Way: Living Peacefully with Your Family as Your Parents Age, a new book by professional mediators that helps families navigate the challenges associated with aging parents, overcome past hurts and resentment, and talk openly with one another with love and understanding is gaining recognition by District Villages.

In their mediation practice, Carolyn Miller Parr and Sig Cohen discovered that families in distress more often than not experience pain from two main sources: broken family relationships, and a parent's failure to plan for the future. The authors found that many older adults resist engaging in “The Conversation” about their wills, plans, and wishes as they age because they fear losing their independence and the freedom to change their minds. Adult children hesitate to push the issue because they're afraid they'll upset their parents or seem greedy. And, of course, both parents and children hate to think about their parents' death. But, the authors emphasize, it is necessary to have these conversations and plan for the future to avoid hurt, anger, and rifts in the family unit. The ten chapters in *Love's Way* guide families with these important discussions with love and understanding.

Just Move It!! For Free!!

There are many options available for seniors to stay healthy and fit in Mount Pleasant and throughout the District. For those who think that wellness always comes with a high price tag, save your money, ditch your gym membership or your personal trainer, and pick your ability level and favorite way to move. The exercise options below are all FREE!

FREE Fit and Well Seniors activities: The Anthony Bowen YMCA at 14th and W Streets NW – an easy Circulator ride from Mount Pleasant – offers seniors free Thai Chi, Yoga, Strength and Resistance, Aqua Aerobics, Sit and Get Fit and Spin Classes. More classes are available at other locations and include Sticking Around, Line Dance, Zumba, Self-Defense, Enhanced Fitness, Artistic Expression, and Cardio-Lite. Curious about any of these? Click on: www.YMCADC.com for more information.

FREE Yoga in the Library: On Saturday morning, at 10:00 am, the Mount Pleasant Library offers free yoga classes for all ages and levels of fitness. Other District libraries offer free yoga classes on different days and times if you can't make it to this class. For more information click on: www.dclibrary.org/search/node/Yoga.

FREE Activities #FITDC: A Mayoral health and wellness initiative that encourages District residents to live a healthier lifestyle by providing access to physical fitness opportunities. Upcoming events include “Herstory” on Saturday, March 2, a 5K run/walk that celebrates Women's History Month by highlighting, along the course, accomplishments of women throughout history; and Earth Day Plogging in the Park on Saturday, April 20. Plogging is simply picking up

(Continued on page 4)

litter along a course as you walk/run. For more information about other #FITDC upcoming or past activities click on: <https://myfitdc.splashthat.com/>.

Free Yoga at Past Tense: Every Tuesday at 4:30 Past Tense (at Mount Pleasant Street and Park Road) offers a free Community Yoga Class. This is a one-hour class with a teacher trainee. For more information about yoga classes at Past Tense click on: <https://pasttensestudio.com/schedule/>.

Free Village Walking Groups: Join your friends and neighbors for free exercise and great conversations while walking. The Morning Walking Group meets at Lamont Park at 8:30 am on Monday, Wednesday, and Friday; the Afternoon Walking Group meets at Lamont Park on Tuesdays and Fridays, at 2:00 pm.

These are just a sampling of free fitness activities that are available to seniors living in the District. If you know of others, please let us know so we can share with our members.

Capital Irish Film Festival at the AFI Theater in Silver Spring – Closes March 3

The [Capital Irish Film Festival](#), presented by Irish arts organization and Village partner, [Solas Nua](#), is being held at the AFI Theater in Silver Spring. The final film will be shown this coming Sunday, March 3. The Village Cultural Events group invites Villagers to go together for the closing day feature. Tickets are \$13 per person and can be obtained online [here](#). Contact Darlene Meskell at dmeskell@gmail.com if you'd like to join a Village group. Carpools will leave Mount Pleasant an hour before the film – at 1:30 pm on Sunday.

Coming of Age Film, “Float Like a Butterfly,” Sunday, March 3, 2:30 pm



Multiple award-winning “Float Like a Butterfly,” from the producers of “Sing Street” and “Once,” is the tale of a young Irish Traveler (gypsy) with a gift for boxing and affection for Mohammad Ali who draws on her talent for pugilism to confront sexism, alcohol abuse, Traveler traditions, and police harassment. An affectionate depiction of the curious and likable members of an extended Traveler family, the film also portrays many of the current challenges confronting the Irish Travelers’ community. The showing will be followed by Q&A with one of the actors.

Village Trip to Cedar Hill: The Frederick Douglass Home



Join Villagers on Monday, March 11, at 9:30 am for a tour of the [Frederick Douglass National Historic Site](#) in Anacostia conducted by National Park Service personnel. The house, Cedar Hill, was the last home of the abolitionist, author and orator Frederick Douglass, born a slave 200 years ago, who rose to be one of the most prominent African-Americans of the 19th century. Cedar Hill, on W Street SE, is reachable by automobile and Metro, but has 85 steps. Contact Darlene Meskell at dmeskell@gmail.com if you are interested in joining us, as space is limited, and indicate whether you can drive yourself and other Villagers.

Solas Nua Presents Award-winning *Silent* at the Atlas Theatre

Village-partner [Solas Nua](http://www.solasnua.org) presents one-man play *Silent* March 5-24 at the Atlas Performing Arts Center Lab II Theatre, 1333 H St. NE. Matinees are at 3:00 pm, Sundays, March 10, 17 and 24. *Silent* is the touching and challenging story of a homeless man who once had splendid things but has lost it all—including his mind. Actor Pat Kinevane won an Olivier Award for his performance. Tickets are \$35 [here](#) and at www.solasnua.org. Contact: dmeskell@gmail.com.



Iona to Offer a Free Decluttering and Downsizing Workshop

Do you have too much stuff? If you would like to downsize your belongings, organize your papers, or just get rid of clutter, this session is for you! Whether it's simply lessening the everyday clutter in your home or preparing to downsize for a move this class, presented by Donna Eichelberger, Senior Living Specialist and Senior Move Manager, will provide the inspiration and practical hints on how to tackle these tasks effectively. The class will be offered on Thursday, March 21, 4:00 to 6:00 pm, at Iona (4125 Albemarle Street NW). While the class is free, donations are appreciated. As space is limited, please register by March 15, 2019, at community@iona.org or 202-895-9485.



Mount Pleasant Village: Appreciation to Local Businesses

The Village wishes to acknowledge and thank the following local businesses for their generous support of our programs and events:



Helping Hands Ready with Assistance

Villagers who want help with a task should contact *Helping Hands*, and the Service Coordinator will try to find a helpful volunteer. For more information about what Helping Hands can, and cannot, do, click on https://mpvillagedc.clubexpress.com/content.aspx?page_id=22&club_id=628724&module_id=203684.

You can request *Helping Hands* assistance by:

- **Phone:** Call the *Helping Hands* Hotline 202-854-8381 to leave information about the help you need;
- **Email:** Send an email to helpinghands@mountpleasantvillage.org, describing what you need.

JOIN MOUNT PLEASANT VILLAGE

Membership Fee: \$50 annually for an individual; \$100 for a couple. For more information, contact Cecile Srodes at membership@mountpleasantvillage.org.

Donor: Make a tax-deductible donation to Mount Pleasant Village at 1735 Lamont Street NW, Washington, DC 20010.

Contact us. If you have questions, comments or news to share, contact news@mountpleasantvillage.org.